

Health News Update

The Newsletter for Job Corps Health and Wellness Managers and Nurses

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The State-of-the-Science: Smoking Prevention and Cessation

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Most adult smokers want to stop smoking. Yet, only 5 percent of adult smokers are able to quit smoking each year. What makes some smokers quit for good while others continuously fail at half-hearted quit attempts? Do they have more willpower? Are stop smoking aids such as the nicotine patch or gum the only way to go? How effective are media campaigns?

On June 12-14, the National Institutes of Health (NIH) conducted a state-of-the-science conference entitled "Tobacco Use: Prevention, Cessation, and Control" to attempt to answer these

questions. Through a review of literature and professional opinions, the panel developed the following best practices:

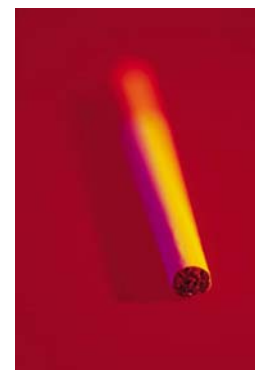
-When targeting young adults, the most effective approaches to preventing tobacco use are (1) increasing the price of tobacco products; (2) laws and regulations that affect youth access to tobacco products/restrictions on tobacco industry advertising; (3) mass media campaigns.

Job Corps application:

- Enforce underage smoking laws. Identify students who are under legal age with a different color ID card. Ensure all staff enforce this rule.

Use mass media education campaign (defined as an intervention of an extended duration that uses brief, recurring messages to inform and to motivate tobacco users to quit.) to spread the anti-smoking message. Play anti-smoking videos in the wellness center. Hang attractive anti-smoking posters that appeal to youth throughout the center focusing on areas where students congregate (e.g., dormitories, cafeteria, gym, etc.).

Continue reading online at: <http://jchealth.jobcorps.gov/health-topics/tobacco-use/tobacco-use-articles/state-of-the-science>



New on the Web:

More tobacco news- Tobacco could kill a billion people, report says by Andrew Bridges
http://seattletimes.nwsources.com/html/nationworld/2003119026_tobacco11.html



Albuterol Update

For years, Albuterol metered-dose inhalers (MDIs) have used chlorofluorocarbons (CFCs) to deliver medication. CFCs are known to damage the stratospheric ozone. In March of 2005, the FDA ruled that MDIs using CFCs must no longer be produced, marketed, or sold after 2008. CFCs will

be replaced by hydrofluoroalkane (HFA-134a). HFA is an inert gas and does not effect the environment.

Many manufactures have already switched to the new products, substantially affecting the price of Albuterol inhalers. Read the HHS Albuterol Update

at <http://sscweb.psc.gov/bulletins/BULL3-06.pdf> for more information on obtaining these new inhalers.

Link to this blurb: <http://jchealth.jobcorps.gov/health-topics/chronic-illness/chronic-illness-articles/albuterol-update>